**NUTRITIONAL GUIDE**

**SMALL ENTREE SALADS**
- **Chicken Caesar Salad**
  - Calories: 310
  - Calories from Fat: 190
  - Total Fat (g): 21
  - Saturated Fat (g): 4
  - Trans Fat (g): 0
  - Cholesterol (mg): 35
  - Sodium (mg): 550
  - Carbohydrates (g): 14
  - Dietary Fiber (g): 2
  - Total Sugars (g): 2
  - Protein (g): 15
- **Buffalo Chicken Salad**
  - Calories: 330
  - Calories from Fat: 190
  - Total Fat (g): 21
  - Saturated Fat (g): 6
  - Trans Fat (g): 0
  - Cholesterol (mg): 55
  - Sodium (mg): 870
  - Carbohydrates (g): 18
  - Dietary Fiber (g): 3
  - Total Sugars (g): 4
  - Protein (g): 18
- **Southwest Chicken Salad**
  - Calories: 220
  - Calories from Fat: 80
  - Total Fat (g): 9
  - Saturated Fat (g): 1
  - Trans Fat (g): 0
  - Cholesterol (mg): 35
  - Sodium (mg): 280
  - Carbohydrates (g): 20
  - Dietary Fiber (g): 5
  - Total Sugars (g): 3
  - Protein (g): 15

**LARGE ENTREE SALADS**
- **Chicken Caesar Salad**
  - Calories: 540
  - Calories from Fat: 310
  - Total Fat (g): 35
  - Saturated Fat (g): 7
  - Trans Fat (g): 0
  - Cholesterol (mg): 70
  - Sodium (mg): 960
  - Carbohydrates (g): 27
  - Dietary Fiber (g): 4
  - Total Sugars (g): 4
  - Protein (g): 30
- **Buffalo Chicken Salad**
  - Calories: 610
  - Calories from Fat: 330
  - Total Fat (g): 37
  - Saturated Fat (g): 11
  - Trans Fat (g): 0
  - Cholesterol (mg): 100
  - Sodium (mg): 1530
  - Carbohydrates (g): 36
  - Dietary Fiber (g): 6
  - Total Sugars (g): 9
  - Protein (g): 35
- **Southwest Chicken Salad**
  - Calories: 400
  - Calories from Fat: 150
  - Total Fat (g): 16
  - Saturated Fat (g): 3
  - Trans Fat (g): 0
  - Cholesterol (mg): 65
  - Sodium (mg): 450
  - Carbohydrates (g): 37
  - Dietary Fiber (g): 9
  - Total Sugars (g): 5
  - Protein (g): 29

**SIDE ITEMS**
- **Garlic Herb Breadstick**
  - Calories: 180
  - Calories from Fat: 45
  - Total Fat (g): 5
  - Saturated Fat (g): 1
  - Trans Fat (g): 0
  - Cholesterol (mg): 0
  - Sodium (mg): 300
  - Carbohydrates (g): 28
  - Dietary Fiber (g): 1
  - Total Sugars (g): < 1 g
  - Protein (g): 5
- **Flour Tortilla**
  - Calories: 310
  - Calories from Fat: 60
  - Total Fat (g): 7
  - Saturated Fat (g): 2
  - Trans Fat (g): 0
  - Cholesterol (mg): 0
  - Sodium (mg): 640
  - Carbohydrates (g): 53
  - Dietary Fiber (g): 2
  - Total Sugars (g): 0
  - Protein (g): 3

Additional nutrition information available upon request. 2000 calories a day is used for general advice, but calorie needs vary.
### 8 OZ. SOUP

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<th>Total Fat (g)</th>
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<th>Trans Fat (g)</th>
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<th>Carbohydrates (g)</th>
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